



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Deputy Commissioner, Support Services

DATE: March 29, 2005

SUBJECT: Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily. Some articles may be editorial and/or political. Links are presented 'as is'.

If you are aware of articles that I am missing, please e-mail me a link for inclusion next week.

VDA and Virginia AAAs In the News[CVAAA faces \\$75,000 budget cut](#)

Lynchburg News and Advance - Lynchburg, VA

... The Virginia Department for the Aging contracted with the US Census to do a specific analysis on people over age 60 living in the state, broken down by ...

[Teens teach seniors Internet basics](#)

Coalfield Progress - Norton, VA

... teen volunteers for Mountain Empire Older Citizens demonstrated a new program in which they teach older caregivers how to navigate their way around computers and the Internet. ...

[County's Assisted Living Costs Increase](#)

Arlington Connection - VA

... recur," said Tim Wise, a member of the county's Fiscal Affairs Advisory ... independent living, according to Terry Lynch, director of the county's Agency on Aging. ...

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229

Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354

E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Fiscal Officers
Area Agencies on Aging

FROM: Warren J. McKeon

DATE: March 29, 2005

SUBJECT: VICAP and Long Term Care Awareness Final Close Out Report
Grant Period – 04/01/2004 to 03/31/2005

A close out (settlement) report for the fiscal period April 1, 2004 to March 31, 2005 for VICAP and Long Term Care Awareness is due on or before May 3, 2005. An electronic version of the VICAP closeout report is available on the VDA website, www.vda.virginia.gov. Please e-mail the completed report to reports@vda.virginia.gov and name the file, VICAP Closeout Report PSAxx (Insert your PSA number in the integers, xx).

The total available amounts contained in your VICAP contract Summary of Obligations, should agree with the totals in the VICAP Close Out Report, Approved Budget columns. The total available amounts include unencumbered cash and unadvanced balances as of 03/31/04 from last year's close out report. If you have any questions, please contact me at (804) 662-9320 or by e-mail.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: E. Janet Riddick

DATE: March 29, 2005

SUBJECT: AMR-Other Services Reporting for VICAP

This is clarification on some of the information that is to be reported on the VICAP program through the Aging Monthly Report/Other Services form. At the bottom, left of the form, agencies are asked to report Number of Clients Served and Number of Media Activities. The numbers should correspond with the data that is reported to VDA/CMS.

The "Number of Clients Served" is the same as the number of client contacts (new or follow-up) entered in NPRMES for the reporting month. The "Number of Media Activities" is a sum of the number of events recorded on PAM forms, or public and media activity forms, for the reporting month.

I hope this information is beneficial to AAA staff who complete the AMR.

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: March 29, 2005

SUBJECT: Caregiver Information

2005 Virginia General Assembly

Bills of Interest to Older Virginians and Their Families that have Passed the 2005 General Assembly Session

For full and accurate summaries, contact Virginia Division of Legislative Services at (804) 698-1500 or go to their internet site <http://legis.state.va.us/>.

Caregiver's Grant

SB 935 Caregivers Grant Program; extends sunset provision

Summary as introduced:

Extends the period for which grants under the Virginia Caregivers Grant Program can be provided from December 31, 2005 to December 31, 2010. The Virginia Caregivers Grant Program provides a \$500 grant to individuals who provide care to a physically or mentally impaired relative who requires assistance with two or more activities of daily living during more than half the year.

Contact your local office of the Department of Social Services for details.

Fairfax Area Agency on Aging Seminars for Caregivers of Older Adults

The Fairfax Area on Aging is hosting a series of free seminars for caregivers of older adults through June 7, 2005. This series is one segment of the agency's extensive

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program to aid family caregivers. Fairfax Area Agency on Aging provides respite, personal care and door-to-door transportation to aid caregivers under its National Family Caregiver Support Program. A caregiver library is established at the agency and a series of caregiver information seminars for Fairfax County employees has concluded. Two active support groups for grandparent caregivers of grandchildren are also managed under the agency's auspices.

The schedule of the caregiver seminars is attached in PDF. Registration is not required, but recommended. For further information, please call 703-324-5205 or visit the agency's website at www.fairfaxcounty.gov/service/aaa.

American Red Cross Family Caregiving Program

Area Agencies on Aging in the Southeastern area of the Commonwealth may want to direct their caregivers to the Portsmouth Office of the American Red Cross. Beginning Tuesday, April 5th, 2005, the Portsmouth Red Cross will offer a series of free family caregiving training sessions. The sessions that offer instruction in home safety, nutrition, general and personal care are free but registration is advised. A PDF schedule of the sessions is attached. For further information and to register, please contact Kecia Griffin at 757-393-1031 Ext. 201 or griffint@seva-redcross.org.

Reminder to Area Agencies on Aging: The March Title III E AMR should record caregivers benefited.

SEMINARS FOR CAREGIVERS of older adults

SPRING 2005 SERIES

FREE. Registration not required, but recommended. To register or request accommodations, call 703-324-5205 / TTY 703-449-1186 (leave name, phone number and the session(s) you plan to attend)

What to Expect as a Caregiver:

Fostering Harmony in Decision-making

Thursday, April 7 • 3 - 4:30 p.m.

Lincolnia Senior Center

4710 N. Chambliss St., Alexandria 22312

For directions, call 703-914-0223

Presenters:

Blair Blunda, RN, MA and

Jeannette Twomey, JD, Mediator

The path of caregiving is full of decisions. An overview of what new and experienced caregivers face will be presented along with strategies to reach decisions that everyone can live with.

Transitions: When More Help is Needed

Wednesday, April 13 • 7 - 8:30 p.m.

Kings Park Library

9000 Burke Lake Rd., Burke 22015

For directions, call 703-978-5600

Presenter: Sharon Lynn, LCSW

How will you know when more help is needed? How can you evaluate the safety of the person and his functional and cognitive status? What are the options for care? What are the possible consequences of the choices you make? Learn how to assess the current situation, consider what services or options are available and prepare for future needs.

Strategies for Independent Living

Tuesday, April 19 • Noon - 1 p.m.

Falls Church Government Center

6245 Leesburg Pike, Falls Church 22044

For directions, call 703-533-5300

Presenter:

Steve Hage, President,

Strategies for Independent Living

Learn from the experts. From removing scatter rugs to installing handrails, this program will provide a variety of methods to increase home safety and functionality for older adults.

Introduction to the Legal/Financial Planning for Caregivers

Wednesday, April 20 • 7 - 8:30 p.m.

Little River Glen Senior Center

4001 Barker Ct., Fairfax 22032

For directions, call 703-503-8703

Presenters: A. Mark Christopher, Elder Law Attorney, Tom West, Financial Planner

Learn important legal tools to aid in family decision-making such as Powers of Attorney and Advanced Medical Directives as well as other alternatives. Discussion of Financial Planning during caregiving e.g. cash flow, liquidity, and portfolio management.

Survival Tips for Family Caregivers

Wednesday, April 27 • 7 - 8:30 p.m.

Reston Senior Center

1850 Cameron Glen Dr., Reston 22190

For directions, call 703-481-4200

Presenters: Martha Armstrong, CTRS, Deborah Dunham, CMC, Mac Showers, Family Caregiver

Learn practical tips and helpful community resources to utilize when caring for a family member in the home.

Humor for the Caregiver's Soul

Wednesday, May 4 • Noon - 1 p.m.

Pennino Building, Virginia Room, 10th Floor

12011 Government Center Pkwy., Fairfax 22035

For directions, call 703-324-5411

Presenter: Sue Stone, Outreach Coordinator, Alzheimer's Family Day Center

Laughter is the best medicine. Humor is a healthy way to provide perspective on life's difficult experiences. Learn how to let humor help you survive the every day challenges of caregiving.

Navigating the Legal and Medicaid Maze of Long-Term Care

Monday, May 9 • 7 - 8:30 p.m.

Alzheimer's Family Day Center

2812 Old Lee Highway, Suite 210, Fairfax 22031

For directions, call 703-204-4664

Presenters: Jean Galloway Ball, Elder Law Attorney Gail Hansen, Long-Term Care Benefits Supervisor for Fairfax County Department of Family Services

Legal planning during a period of care including Durable Powers of Attorney, Trusts, Living Wills, Guardianship and Conservatorship. How, when, and where to apply for Medicaid and what needs to be provided to determine eligibility.

Mental Health Issues in Aging

Tuesday, May 17 • 10 - 11:30 a.m.

Mt. Vernon Adult Day Health Care Center,

8350 Richmond Hwy., Suite 137, Alexandria 22309

For directions, call 703-704-6050

Presenters: Joella Rhoades, LPC and David Gebara, Psychiatrist

Learn about common mental health issues of the elderly and how these conditions present in this population. Also learn when to seek professional help and how to access resources.

Limited respite care will be available at this session. Please call (703) 704-6050 to reserve a spot.

Avoiding Financial Pitfalls When Paying for Long-Term Care

Wednesday, May 25 • 7 - 8:30 p.m.

Lewinsville Adult Day Health Care Center

1609 Great Falls St., McLean 22101

(enter on left side of bldg.)

For directions, call 703-734-1718

Presenters: Mary Anne Ibach and Tom West, Financial Planners

Discussion about cash flow planning, asset management, and liquidation strategies while paying for long-term care.

Home is No Longer an Option: Now What?

Tuesday, June 7 • 7 - 8:30 p.m.

Herndon Senior Center

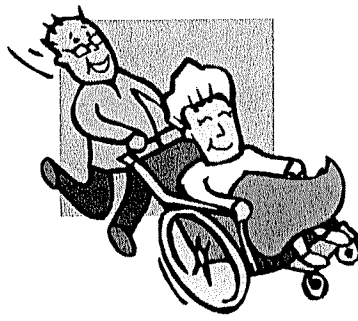
873 Grace St., Herndon 20170

For directions, call 703-435-8729

Presenters: Karen Love, CCAL and a representative from Housing and Community Development

Finding residential care for your family member can be a difficult and emotionally draining experience. This program will help you determine what to look for in a residential facility and how to sort through the maze of retirement communities, assisted living, group homes and skilled nursing facilities.

**For more information, visit our Web site at
www.fairfaxcounty.gov/service/aaa**



American Red Cross Family Caregiving Program

Are you or do you know someone who is caring for a loved one in their home...A spouse, parent or child? If so, you may want to attend one or all of these **FREE** Family Caregiving training sessions. Learn the basics of **Home Safety, Nutrition, General and Personal Care** when taking care of a loved one. These sessions are *free* but you do need to pre-register, space is limited. If you would like more information or would like to register please contact Kecia Griffin at (757) 393-1031 ext. 201 or griffint@seva-redcross.org

LOCATION: Portsmouth Office, 700 London Street, Portsmouth VA 23704

DATE

TIME

Tuesday April 5th 11am - 12:30pm Caring for the Caregiver

Purpose: Inform caregivers how to take care for their own health while caring for a loved one. (*Special Guest: Caroline Barnes, R.N.*)

Thursday, April 7th 11am - 12:30pm Home Safety

Purpose: Providing a safe environment for your loved one, checking for hazards, being prepared for emergencies, fire safety, and how to use health care equipment safely. (*Special Guest: Marie Biggers-Gray, Bon Secours Home Care*)

Tuesday, April 12th 11am - 12:30pm Healthy Eating

Purpose: Learn about good nutrition and helping a loved one eat. (*Caroline Barnes, R.N.*)

Thursday, April 14th 11am - 12:30pm General Caregiving

Purpose: Learn how to measure a loved one's vital signs such as pulse, respirations and body temperature and how to assist with medications.

Tuesday, April 19th 12pm - 1:30pm Caring for a Loved One with HIV/AIDS

Purpose: Caregivers learn how to care for a loved one with HIV/AIDS, the symptoms that may occur and how to provide emotional support. (*Special Guest: Irma Hinkle, Tidewater AIDS Crisis Taskforce*)

Thursday, April 21st 11am - 12:30pm Positioning & Helping a Loved One Move

Purpose: Recognize how to prevent pressure ulcers and how to safely position and help a loved one move.

Tuesday, April 26th 11am - 12:30pm Caring for a Loved One with Alzheimer's & Dementia

Purpose: Learn how to handle common behaviors associated with Alzheimer's or Dementia and how to provide care. (*Special Guest: Patricia Lacey, Alzheimer's Association*)

Thursday, April 28th 11am - 12:30pm Assisting with Personal Care

Purpose: Assisting with personal care such as bathing, grooming and using the toilet.

Tuesday, May 3rd 11am-12:30pm Legal and Financial Issues

Purpose: Understanding legal issues, planning health care, insurance information and budgeting. (*Special Guest: Ken Johnson, Senior Legal Services*)